# HOME INTERESTS

### Ways and Means in War Time

OU cannot put a uniform on a The woman who sets herself to save man and make a soldier of him," food should do so intelligently. She should said a man, recently. "After he see when she uses a substitute that it is to camp he must go through many served in the most palatable way and that months of careful training before he is the very most is made of its possibilities. really in condition to serve his govern- If she attempts to make sweet pointo

uniform does not make a soldier in any season and to bake her other dish. of the various branches of service, nor If she cooks rice to go with meat and do in this great work.

#### Intelligent Service.

ready, but this is just the beginning of wives are to make any real contribution of effective help they must study and practise culinary efficiency. Many women who have never before One of the great benefits which will

and best way.

This city offers many opportunities for study of such problems as confront the The days have passed when it is considments, if you will write to Washington many reasons for this, or to the New York city authorities, they means of acquiring information.

In the South there are many delectable wasted but that every ounce shall be used dishes in which corn is used either as in the most effective way. "grits" or meal. They use meal for frying Whatever uniform you have been chosen fish and oysters and grits takes the place to wear, whether of the outward appearof wheat as a breakfast dish in many ance or the physical aspect (if not actuhomes. But these foods are most un- ally, at least in imagination), in this war palatable unless properly cooked.

pie or to bake potatoes in the pan, with It was the first part of his statement butter, sugar and spices, she should know that set me thinking. It is true that a just how to make her pie and just how to

does lack of one prevent any one from gravy, she should learn the secrets that being a fighter, for the soldier is not the the good old time cooks have handed down only one called to the firing line in this from generation to generation. Her rice war for democracy. Every one of us, waffles must be just right, her corn bread men, women and children, has a part to properly made and cooked, if they are to be nourishing, to say nothing of being palatable.

The only way to achieve results with The women of the United States are do- meatless and wheatless days is to make a ing a tremendous amount of work al- study of the question. If the house-

gone into their kitchens to cook a meal, come out of this war (and there will be are giving their households, colinary de- many) will be that it will teach the women partments included, their direct super- of this country a frugality that they have never before known.

Some have learned in their own kitchens It has been said that a French family and other home centres and others have could live on the food that is recklessly delegated these things to hired help. It thrown away by an American family. In behooves those who have not had training a certain sense this is true. For many to fit them for food conservation in the years France, fighting for freedom, has home to get that training in the quickest faced great economic problems, and the French women have learned not to waste.

#### Wise Frugality.

housewife. If you do not know how to ered the correct thing for the table to reach the heads of the proper depart- groan under its load of food. There are

One of these is that women each year will graldly put you in touch with the are drawn closer into a certain bond of sisterhood, and those of wealth have Mentless and wheatless days are now learned too much of the problems that the fashion, but they will not prove at all confront their sisters to show the reckless popular or possible unless the women who waste that offce prevailed. Now it is not undertake to carry out the programme of a question of the individual method of the the government set themselves to work family, but it is the demand of a nationto make them worth while as sids to of a world, one might almost say-that food not only shall not be recklessly

### of wars, see that you wear it worthily Hints on Practical Economy

An old song runs "Paddy got gay on pare salt fish of some sort. A luncheor fish and potatoes," and we are inclined to of creamed fish is appetizing and nourish think that Paddy was a discriminating ing, and for dinner, the heaviest meal of fellow, and when the next line tells us the day, we may have one of the heavier that Paddy got gay in the morning, we are fish, such as mackerel or salmon. inclined to think that he had mackerel For a household where supper is served and boiled potatoes for breakfast and that a good fish salad is delicious. This may he was not gay at all, but only filled with be made of any one of a number of canned dren is getting impatient or cross with child irritates her just by its innocent exuberance from the god breakfast that fish, or of any remnants of cold fish that them, not because of any real wayward- importunities and activities, or so tire.

dietary with no ill effects. We now discover that fish contains more

contain all the fat we need.

#### EFFICIENT SUBSTITUTES.

We find that potutoes contain starch and may be taken to advantage in place of bread, as they contain mineral saits that are not to be found in the bread

And so on, for a long list, one might go naming the lessons that we have learned. and the lessons will do us as much good in time of peace as in time of war, and when this crisis has passed we will be a fifty-two weeks. healthier and a happier race.

Our Food Administrator is urging us to make as much of our fish supply as possible, and we are wondering why we did not discover its many possibilities for ourselves long ago. At this time, tgo, it is our meat supply.

The universal use of fish is the only thing that will lower its cost and at the same time cause a material saving of the meat supply.

The universal use of fish is the only thing that will lower its cost and at the children. My-sittle boy's arraignment was absolutely justifiable.

The reviewed my attitude toward my little only in the control of the children. My-sittle boy's arraignment was absolutely justifiable.

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say nothing of the delights of the painte be derived from a happy combination of

It is of the utmost importance that we Fish is much easier to cook than meat. It is of the utmost importance that we conserve our wheat supply, and while we have a potato flour that may be used for a number of purposes, plain mashed potato combined with white flour makes a most delicious biscuit for the household that has not become accustomed to the sound of plain fish and potatoes for supper.

Fish is much easier to cook than meat once you get the habit, and for a day when the maid is off or the housekeepers wants to go shopping, fish cakes that can be prepared in the morning make an excellent supper.

Not necessarily are the time honored codfish cakes meant, for there are many other kinds.

Another quality of fish that recommends its use still further is that it may be used at any meal of the day with equal success and may be rendered extra good by the had much more control over the kidd If we wish a light breakfast, one may pre- addition of tomato sauce.

meat is not an absolute necessity, and that in thousands of ways, and the various be found that a simply incredible propor- if we determine upon this ombinations of the two need never become monotonous.

We may ser e fried fish and boiled pofish and baked potatoes, fish salad and mood of the grown person. potato biscuit, that rival in lightness and

potato meal is that it is seasonable every day in the year. We can easily have a fish and potato day in our household and comply with the food administration's request for a meat-less and a wheatless day.

accord we will not have to repeat the same shopping, he begged me not to shop to

combination by compulsion many times in much. I asked him why. He said:-The housekeeper who will set some day at the week other than Friday as a fish into many shops, and when you are tired

duty to the farmers to make use of the crop of potatoes that is now being harvested.

In order that we be well fed our body needs protein, or muscle building food; starch, fats and mineral salts. A meal of dreds of tons that are annually wasted wall and the company ones and I found that all too often my irrelation or actual severity toward them was induced by my own mood.

With my boy's 'Tisn't fair,' ringing in my ears I cut shorter my list of errands. Keeping myself from over fatigue became a matter of paramount importance. Their happy faces when I returned

#### UNIVERSAL THRIFT.

## Restoring Crepes and Laces

white rag the length of the veil and eight. In restoring small pieces take care they ized the cruelty of letting her ow inches or so wide wrung out of warm are pinned true and not pulled out of the ings warp her judgment toward her chli-water. Over this hold a hot iron so close right run of the threads. This is a little dren! water. Over this hold a hot iron so close right run of the threads. This is a little that it raises the steam and dries the cloth, but on no account let the iron press appears to be bias and vice versa, but once the right run of the threads. This is a little However tired the judge in court may be he must keep his head clear to give fairly fully represented the right run of the threads. This is a little cloth, but on no account let the iron press appears to be bias and vice verse, but on the crepe, because the rib would disone finds which is which then the task is which lessened.

Why should a naughty because

To restore English crepe fold a sheet into several thicknesses and lay upon a table. Place the crepe on this and pin course, until the entire surface has been dren?

When the strip is dry wet again and come I would fight against letting my weariness color my dealings with my children?

This fight can be carried through with

## 'Maid of the Mountains' Ruling Bulgaria? JUST A LITTLE OF EVERYTHING



Here is Princess Eudoxia, known in Sofia as the "Maid of the Mountains," who is reported to be ruling the Balkan kingdom. The rumor is current among the rank and file of the Bulgarian army that King Ferdinand is dead. Princess Eudoxia is nineteen years old.

### Be Fair to the Child

he and which was filled with so much body building material.

If we are serving fish that lacks fat this strange lessons this awful war has may be supplied by a butter or oil sauce. Fish and potatoes may each be prepared to the found that a simply incredible proper. If we determine upon this.

In the next statistics were taken, it would be found that a simply incredible proper. If we determine upon this.

tion of the scoldings. impatient remarks meted out to children by their parents or other grown-ups in protein to the pound than beefsteak, and tatoes, boiled fish and fried potatoes, sait charge of them rise not from naughtiness we also find that certain kinds of fish or smoked fish and potato salad, creamed of the children, but from the disgruntled

One mother frankly confessed that sh elicacy the famous scones of Scotland. herself had often been guilty of the cruelty Another recommendation of the fish and she so deplores.

#### THE MOTHER'S PART.

"It was a remark made by one of m ittle boys that woke me up. When A fish and potato day is both.

Of one thing we may be sure, if we institute a fish and potato day of our own fore starting forth down town to do some

This sounds like a paradox, but it is only ones and I found that all too often my ir-

tance. Their happy faces when I returned without the usual weary, nerves-on-edge mood that was invariably mine after a shopping expedition smote my

I was simply amazed at the quick rehad much more control over the kiddles and I was much happier with them and they were with me.

"With all my planning there still came times when I felt fatigue keenly. No mother and homekeeper can escape such times however much she may lessen them through wise management of things and of herself. But when such a period would

down very closely, pin heads outward all covered. Leave the crepe on the cloth around.

Next lay at the end a strip of clean. White rag the length of the veil and eight.

In restoring small places take care they

Why should a mother find a child

One of the cruelest injustices to chill- quire into its motives, or so tired that the

#### HAPPY INVESTMENT

Children should be taught to respect a are being employe mother's privacy, to treat her with con-sideration if she tells them she is tired or does not feel well. But never should t child feel that its mother's attitude fact almost every toward it changes with her moods. At branch of industry Miss JULIETTE CROSSY ways should it feel fairness in her judgents, her reproofs.

Preserve a fair attitude toward your tory

e not for the most time as good as you

## the veil.

odled women.

addles for the army. The National Woman's Army holds reglar drills in New York city. Over 7,000,000 women in the United States

Italian women are rapidly being grante-

Emperor

Women in France

nents, her reproofs.

Invest in happiness for yourselves, is being done by women and girls is being done by women and girls its. Children are not really naughty grinder in a large Indianapolis paint fac-

Mademoiselle Lavailiere, a prominent



## After the Big News.

There's no more grousing in the street, the details come and go, And even kitchen ranging doesn't raise a how! of woe; Top Sergeant Adams finds no weeps at reveille to stem, He sees a line of troopers full of steam at 6 A. M .; And "Two Gun" Dimond, who was ill, is up and out for bear-(The boys are on the line in France; they're in it "over there"). O'Shea is shoeing horses as he never shoed before

And Sergeant Ryan sports a grin that's like to stretch his jaw; Glihooly's shined his rifle up till you can't find a stain, And Finnerty rides out to guard a-smiling in the rain. The bunch whose favorite hue is green are holding holiday-(A red head Irish gunner turned the first shot loose, they say).

Though autumn nights are Arctic-like in Alabam's pine groves, Nobody gives a good hurrah if ice forms on the stoves; The spirits of the khaki crowd are on the upward climb, And everything around the place is going double time. Fatigue and drill, patrol and post, we hit 'em with a song-(The hoys are hammering the Huns; our turn'll be along).

STEUART M. EMERY. Company A, 104th Military Police, Camp McClellan, Ala.



## EXTENDING THE FLAVOR OF

To clean bruss that has been exposed to the weather make a paste of salt and comture and leave for ten minutes. Then clean in the usual way.

Even when there is cream in the coffee, the stains can be removed from the most deligate alls or more than one-third cupful flour with one than one than one-third cupful flour with one-third cupfu

Never close up a ringer with court plaster. It involves the possibility of pus and long inflummation. Wash the cut with pieces and cook in a buttered steamer and for your white skin and none too red warm water, and turpentine should be applied. Then bandage with lines cloths enough gravy from the stew to expose.

When preserving sprinkle some takes on the control of t When preserving sprinkle some ashes on the meat and vegetables and place the the stove lid beneath the kettle of boiling fruit. This prevents standing over the

When whipping cream cover the bowl is factorily by first cooking the meat and filled with fine chopped preserved singer the shape of a maltese cross. Insert the vegetables as for a stew. Line a pan, and whipped cream laid over them. egg beater into the slit, and the cream may earthenware dish or casserole with bisbe whipped without danger of spattering.
A teaspoonful of warm olive oil or camphorated oil poured into the ear and held there for a few minutes will destroy the bug in the ear, and it will then easily gour out, bringing with it the dead insect.

Faper is a friend to the housewife, She can use it when preparing a chicken or fish. Put a piece of paper on the kitchen inhibe, cut the fowl up and when finished roll up paper and mess and put it in the fire. Your table is clean and fresh, needing no scrubbing. whipped without danger of spattering, cuit dough rolled fairly thin, put in the with meats. They may be made just as

#### COOKING KINKS.

ing no scrubbing

WORTH KNOWING.

Now that flour is so high, dry leftover Faded colors are in vogue. Usually two bread, with brown crust taken off, in a slow oven. Roll it out fine with rolling or more are combined so that they serve cakes and biscuits. It's fine. The brown greater beauty of tone. grusts you take off you can use for a There is, for example, a very charming

#### GETTING RID OF MICE.

branches of peppermint or the essence of course, are also hand made. around where the mice have been. They dislike the odor and will not come again. Repeat this process every two or three eral of the new Paris models, and there months and you will find that your frou-bles from this source are over. der, mahogany or jade.

### MEAT.

delicate silk or woolien fabric by brushing the spots with pure giverine and rinsing the spots with pure giverine and rinsing of sait, work in a rounding teaspoonful of The way to get around this is to draw

stove to atir the fruit. It will not burn or to cook. Meat Pie.-Meat pies are made most sat-

#### PARIS APPROVES FADED COLORS.

pin and use it with flour for making ples, as folls for each other and bring out

Add a teaspoonful of ice water to the orchid tulle. A band of faded old rose white of an egg before beating for frost-forms the bodice and there is a silver girfrock made of orchid satin veiled with dle which seems to unite the orchid and the rose shades. A delightful feature of this model is hand-wrought little bas kets done in silver threads and filled to You can easily get rid of mice by putting overflowing with French flowers, which,

#### THE COLD PLUNGE.

If you have been taking cold plunges or showers all summer, don't stop them now Stew with Dumplings.-Make stew from because it is getting fallish and cold.

#### TIPS FOR HOUSEWIFE.

Canned pears are good with their cores Sweet pickled apples are delicious served

a vegetable dish. White enamelled furniture may be leaned with turpentine and the gloss will be uninjured. Wet a soft cloth with tur-pentine, rub the spots off the woodwork

#### A RIOT OF COLOR.

and rub dry with another cloth

For the sun parlor with the cerise painted watering pot, the painted tin flower basket and gayly colored pots of gayer flowers use sand colored paper and white chints curtains, for your little Scotch heather plant of lavender pink in its red pot, and your other blooming color notes will form riot enough to please the nost futuriat eye.

#### WHEN SHOES PINCH.

To prevent new shoes from pinching ly a cloth moistened in hot water across place where the pressure is felt most, changing the cloth as soon as it be-comes cool. This will make the leather shape itself to the foot.

## Capable Women and Their Doings

It is easier to get married in Scotland French actress, has left the stage to take lege of Literature of the Imperial Univerthan in England. French women are making harness and

have signed food pledge cards. Over one million women have directly replaced men in British Industries.

ow privileges by their government. Japan.

in the gas houses

grinder in a large Indianapolis paint facildren day in and day out at any cost. About one hundred women are employed effort and sacrifice and see if they in the British National Physical Labora-





ps what resembles a mustache.

The wearing of bigh heeled shoes by the women andoned her legal career and become a street car conduc-The Commissioner of Highways in Cambeen prohibited in en, N J., is considering the advisability consequence of the many accidents where employing women to clean the streets women have been killed or injured through Of the 700 students enrolled in the Col- heels.

AN ADDED ATTRACTION.

nough speed to allow it to soften evenly

is used on the wax, fashion the wax with

a twist of the stick as it flows onto the

envelope into the approximate shape de-

sired, whether round or oval or square,

and of a little larger size than the measure

When it comes to digging in the fields women. the Chinese woman is equal to any man. being allowed by the government to com-Women are at present for the first time

Trains running between St. Louis and Memphis will hereafter have women as ticket takers.

being allowed by the government to compete as mechanical draughtamen in the examinations now being held.

Mrs. Edmund Lincoln Balles, of New Mrs. Edmund Lincoln Balles, of New Mrs. in certain French cities nearly one-third government with the Legion of Honor in recognition of her work in France.

Mmc. Signe Lund, Miss Mayme McDonald, of San Frana naturalized
aco, is considered to be one of the great.
American of Norest female athletes in the United States
Over 450,990 women in New York city
signed piedge cards, which bind them to
save food when possible.

Girls who are enrolled as second class
yeomen in the United States Navy works. comen in the United States Navy receive Daniel M. Hender-son's per month sainry. n their upper and lower

A peculiarity of Ainu women is that they "The maye tattooed upon their upper and lower France. Road high heeled shees tors in Berlin has



being tripped as a result of wearing high

## Correct Use of Sealing Wax

Every woman desires that her letters devotion to duty, is also frequently used shall be charming, and this applies not by men, though occasionally women will only to their messages but to their gen-select this color for business notes. eral appearance. One of the prettiest ways. Letters of purely social tendency and to enhance the latter item is through the wholly feminine are most often fastened correct use of sealing wax (its incorrect with seals of palest tints, the pastel colors. use is an abomination). Nor is sealing Rose color stands for optimism. Green wax a matter of adornment alone to the denotes initiative and in lighter shades

note, it is a dainty interruption to all pry- blends easily with a tinted note paper. ing and inquisitive fingers, and an assur- Pale violet indicates fond memories. ance of the fact that the contents of the There are in all eighteen shades made, letter have been reserved for the reading so that one should very perfectly be able of the one to whom the letter is addressed to match the wax with one's note paper or

properly harmonize it. The seal bases on which the monograms are cut may be had in alx different To form a seal properly be sure, first of shapes-round, square, diamond shape, all, that the wax does not ignite. Hold it oval, octagon and hexagon. It is possible above the candle so that it will melt with- to possess all these shapes at slight cost out flaming and tilt the stick at an up. by purchasing one handle on which the ward angle so that the wax runs down various shapes are to be serewed.

rather than drops or drips, and as the One's individuality is greatly brought melting begins, revolve the stick with out by the way in which the seal base is cut, for either monogram or initial or This turning will also help to keep the coat of arms can be used. Some few people like the address as an impress, but this When a sufficient amount of the stick is not distinctly practical, as it is not alis softened to seal one's note, apply it to ways clearly discerned in the wax. the envelope without pressure. If a seal

### FASHION OF THE HOUR.

No rule of etiquette binds in the selection of the design cut beyond the slight one that the die mark shall be identical with that on the paper. Not in size, necessarily,

of the seal; Meep the thicker part of the of the scal; weep the thicker part of the wax mass in the centre.

Apply the scal without moistening it and after firm pressure lift it gently without four jerking.

If one wishes to form a two-tone scal, the scal base is rubbed with oil and a little colored powder is dusted on before it is applied to the warm wax.

It is applied to the warm wax.

but in outline.

The scal of the ancient Greeks and Romans was made of a substance composed of fifteenth century that anything approaching the modern wax came into usage. This was when the Spanish explorers brought lac, which, hardening after it was melted, received the name of Spanish wax, but had no actual wax in its mixture.

Quite thoughtfully should one select the color of the wax one uses, as good taste, mode and even symbolism plays therein a the deak of woman, so that in seal making the fact of articles are considered to the deak of woman, so that in seal making the fact of articles are considered to the deak of woman, so that in seal making the fact of articles are considered to the wax one uses. part. Red, for instance, is usually for the use of men and denotes courage and valor.

Dark blue, standing for patriotism and fascinating thing to look upor.













